



Southern Caregiver Resource Center

Caring for those who care for others

Nothing but the Facts . . . Southern Caregiver Resource Center offers many informational Fact Sheets on a variety of topics. Please check any you are interested in and send to SCRC at the address or fax shown below.

Advocacy

This fact sheet offers hints and tips for effective strategies for families to get involved in state or federal advocacy efforts.

Alzheimer's Disease

This fact sheet provides a definition and facts about Alzheimer's disease as well as information about symptoms, diagnosis, and treatment after diagnosis, research findings and recommended readings.

Alzheimer's Disease, Early Stage

This fact sheet provides a definition and facts about Early Stage Alzheimer's disease as well as information about symptoms, early diagnosis and intervention, transitions, treatment, and community resources.

Amiotrophic Lateral Sclerosis (ALS)

This fact sheet provides a definition and facts about ALS as well as information about symptoms, diagnosis, treatment, clinical research, research findings and recommended readings.

Assisted Living and Supportive Housing

This fact sheet provides a definition and facts about assisted living and supportive housing. It also defines the different types of facilities and its characteristics as well as how to choose a facility and how much it costs.

Assistive Technology

This fact sheet lists products, which are likely to be beneficial to family caregivers and persons with physical and/or cognitive impairments.

Behavior Management Strategies

This fact sheet provides some practical suggestions and strategies for dealing with common behavior problems in dementia patients.

Brain Tumor

This fact sheet provides a definition and facts about brain tumors as well as information about symptoms, diagnosis, various forms of treatment, research findings and recommended readings.

California Advance Health Care Directives

This fact sheets provides a definition and facts about Advance Health Care Directives, and also offers information on whom to choose as a health care agent and the things to consider when making that decision.

California Long-Term Care Tax Credit

As part of former Governor Davis' Aging with Dignity Initiative, the California Legislature enacted legislation (AB 2871) to offer a \$500 state tax credit for long-term care, effective January 1, 2000. This fact sheet provides information on eligibility for the credit, limitations, and how to file.

Caregiver Health

This fact sheet provides information about the impact of caregiving on caregivers' mental, emotional and physical health. The importance of increasing positive health outcomes for caregivers is also addressed.

Caregiver's Guide to Medications and Aging

This fact sheet serves as a caregiver's guide to medication use and provides tips on what to do about the challenges of that use.

Caregiver's Guide to Understanding Dementia Behaviors

This fact sheet provides practical strategies for dealing with behavior problems and communication difficulties often encountered when caring for a person with dementia.

- Caregiving**

This fact sheet includes a safety checklist, provides information on caring at home, managing problem behaviors, taking care of yourself, defining needs and planning for the future.
- Caregiving and Ambiguous Loss**

A caregiver's guide to managing the extra stress from ambiguous loss; this fact sheet offers tips for coping with the ambiguity of memory loss.
- Caregiving and Depression**

This fact sheet provides information on depression related to caregiving; including symptoms, treatment options, therapies, helpful strategies, resources and websites.
- Caring for Adults with Cognitive and Memory Impairments**

While each caregiving situation is different, caregivers are likely to experience enormous stress from their responsibilities in caring for a loved one. Finding practical ways to cope and getting help are especially important. This fact sheet provides an overview of caring at home, taking care of yourself, and defining needs for long term care and planning.
- Choosing a Financial Planner**

This fact sheet offers information to the consumer on how to decide if you need a financial planner, what they do, creating a financial plan, how fees are set, how to choose a planner, and more.
- Community Care Options**

This fact sheet presents an overview of the community care options available to caregivers and demystifies the process of determining your needs and finding help.
- Coping with Behavior Problems After Head Injury**

This fact sheet provides information on the behavioral changes a head injury survivor may go through and ways families and caregivers can learn to adapt to their communication techniques, established relationships, and expectations of what the impaired person can or cannot do.
- Coping with Combative Behavior**

When an impaired person becomes combative, angry, or agitated, it may be because of frustration. The person may feel that he/she is being pushed to do something that simply cannot be done. This fact sheet offers possible sources of that frustration and ways to deal with the underlying cause.
- Dementia**

This fact sheet provides a definition and facts about dementia as well as information about symptoms, possible causes, diagnosis, care, and recommended readings.
- Dementia, Caregiving and Controlling Frustration**

This fact sheet provides information on how to explore new techniques for coping with frustrations as a caregiver of an individual with Alzheimer's disease or a related dementia.
- Dementia, Driving and Calif. State Law**

This fact sheet offers information on the Dept. of Motor Vehicles requirements and guidelines for drivers with cognitive disorders.
- Dementia with Lewy Bodies**

This fact sheet provides a definition and facts about Dementia with Lewy Bodies as well as information about symptoms, testing, diagnosis, duration and treatment, and recommended readings.
- Depression**

This fact sheet provides a definition and facts about depression as well as information about symptoms, possible causes, diagnosis, treatment, choosing a therapist and resources.
- Driving and Dementia**

This fact sheet provides guidelines to help caregivers and persons with dementia decide when and how to limit or stop driving.
- Durable Powers of Attorney and Revocable Living Trusts**

This fact sheet provides information on the various legal mechanisms, which can assist in the management of assets and health care when a person becomes incapacitated.
- End-of-Life Choices: CPR & DNR**

This fact sheet addresses the process of CPR and describes the DNR (Do Not Resuscitate) form, the legal document used to indicate to medical professionals your – or your loved one's – wishes.
- End-of-Life Choices: Feeding Tubes and Ventilators**

This fact sheet provides information on understanding the issues involved when making decisions on the use of feeding tubes and/or ventilators.

End-of-Life Choices: Holding On and Letting Go

This fact sheet discusses the shifting emotions and considerations involved in “holding on” or “letting go.” Addressing these sensitive issues ahead of time will allow a person with a chronic illness to have some choice or control over his or her care, help families with the process of making difficult decisions, and may make this profound transition a little easier for everyone concerned.

End-of-Life Decision Making

This fact sheet outlines areas we need to think about and resources that can help, whether we are caring for someone who is already incapacitated, or making decisions for ourselves.

Epilepsy (Seizure Disorder)

This fact sheet provides a definition and facts about Epilepsy as well as information about symptoms, diagnosis, treatment, and recommended readings.

Evaluating Medical Research Findings and Clinical Trials

This fact sheet provides guidelines to help you evaluate the research, and identify stories that may be misleading, inaccurate or incomplete.

Finding an Attorney

When a family member has a cognitive impairment and cannot manage his/her affairs, legal and/or financial planning is often needed. This fact sheet offers information on seeking a knowledgeable attorney.

Frontotemporal Dementia

This fact sheet provides a definition and facts about Frontotemporal Dementia as well as information about symptoms, testing and diagnosis, duration and treatment, and recommended readings.

Genetic Testing

This fact sheet provides information on genetic testing – how genes function and how they can cause certain disorders.

Grief and Loss

It is natural to grieve the death of a loved one before, during and after the actual time of their passing. This fact sheet provides information on the grieving process.

Helping Families Make Everyday Care Choices

The best everyday care choices for the person diagnosed with a dementing illness, and for loved ones giving care, depend on an understanding of values and care preferences. This fact sheet offers some practice guidelines for family caregivers.

Hiring In-Home Help

This fact sheet provides information to the consumer about exploring home care options, writing the job description, looking for help, legal issues, and recommended readings.

HIV Associated Dementia Complex

This fact sheet provides a definition and facts about HIV Associated Dementia Complex as well as information about symptoms, diagnosis, treatment, and recommended readings.

Holding a Family Meeting

This fact sheet introduces a method for families to get together and facilitate a meeting to discuss the issues of taking care of an elderly parent or relative. This gives the family an opportunity to participate, to work together as a team and to provide support to one another.

Home Away From Home: Relocating Your Parents

This fact sheet offers helpful advice and summarizes the issues to consider before making the important and challenging decisions regarding relocating your parent.

How to Form a Support Group

This fact sheet provides information about getting a support group started, how to market it, group structure, goals and group process.

Huntington’s Disease

This fact sheet provides a definition and facts about Huntington’s disease as well as information about symptoms, diagnosis, progression, treatment, and recommended readings.

Hypoxic-Anoxic Brain Injury

This fact sheet provides a definition of Hypoxic-Anoxic Brain Injury as well as information about causes, symptoms, predicting outcomes, diagnosis, progression and course of the injury, treatment, and resources.

Incidence and Prevalence of Major Causes of Adult-Onset Brain Impairment

This fact sheet provides data that estimate the incidence and prevalence of the major causes of brain impairment in adulthood in the United States in general and in California in particular. The estimates are conservative, excluding rare disorders for which reliable data are not available.

Is This Dementia, and What Does it Mean?

This fact sheet offers a definition of dementia and discusses the importance of obtaining a diagnosis to determine the cause of the dementia. It also discusses the differences in reversible and degenerative (irreversible) dementias.

Legal Issues for LGBT Caregivers

This fact sheet discusses legal and financial issues and documents that LGBT caregivers may need to complete when determining who has the responsibility to provide care, the power to make medical decisions, and the legal authority to utilize financial resources on a domestic partner's behalf if he or she is incapacitated.

Legal Planning for Incapacity

This fact sheet discusses the legal issues to consider when a person is (or may become) incapacitated.

LGBT Caregiving: Frequently Asked Questions

This fact sheet addresses a number of important concerns LGBT caregivers have and should help you find answers and locate assistance in your area.

Making Choices about Everyday Care

This fact sheet provides information about the choices in care, recognizing values and preferences, communicating wishes, and resources.

Making the Decision for Nursing Home Placement

This fact sheet provides a list of factors to consider, for both the caregiver and the care recipient, when determining whether placement is appropriate.

Medicare and Home Health Care

This fact sheet provides information about the types of home care services that Medicare will cover.

Medicare and Hospice Care

This fact sheet provides information about the types of hospice services that Medicare will cover.

Medicare and Skilled Nursing Facility Care

This fact sheet provides information about the eligibility requirements for Medicare-covered expenses when in a skilled nursing facility.

Multiple Sclerosis

This fact sheet provides a definition and facts about Multiple Sclerosis as well as information about symptoms, cognitive problems, diagnosis, treatment, and recommended readings.

Nursing Homes

This fact sheet provides information on how to find a nursing home, regulations for nursing homes, protection against spousal impoverishment, and resources.

Nursing Home Visitation Checklist

This fact sheet provides a list of items to observe when visiting a nursing home, such as the staff, resident rooms, activities, etc. in order to assess its appropriateness for the consumer.

Out-of-Home Care Options

This fact sheet provides information to the consumer on selecting an out-of-home care and discusses the different levels of care.

Parkinson's Disease

This fact sheet provides a definition and facts about Parkinson's disease as well as information about symptoms, diagnosis, treatment, and resources.

Parkinson's Drug Therapy and Drug Research

This fact sheet provides an outline of the drugs currently used in treatment of Parkinson's disease as well as some drugs that are under investigation.

Patients' Rights

This fact sheet provides a list of nursing home resident rights as specified by Section 72523 of The Long Term Care, Health Safety and Security Act amended sections of Title 22 of the California Health and Safety Code.

Preparing for Your Legal Consultation

This fact sheet provides information on the things you should discuss with the attorney, including health care decisions, management of assets, public benefits planning, and lists the documents that you should bring with you.

Progressive Supranuclear Palsy (PSP)

This fact sheet provides a definition and facts about PSP as well as information about symptoms, diagnosis, treatment, and resources.

Protective Proceedings: Guardianships and Conservatorships

This fact sheet provides a definition of guardianships and conservatorships. It offers information on when it is needed, how it is established, the advantages and disadvantages, and some alternatives to conservatorships.

Respite Care

This fact sheet defines respite services provided by the Southern Caregiver Resource Center and discusses options and eligibility requirements.

Selected Caregiver Statistics

This fact sheet provides information on who the caregivers are by age, gender, ethnicity, kin relationship and more.

Selected Long-Term Care Statistics

This fact sheet provides statistics on who needs long-term care, where to receive it and from whom, the different types of long-term care, and how much it costs.

Services

The Southern Caregiver Resource Center offers services to caregivers of adults with brain impairment, and is for residents of San Diego and Imperial Counties. This fact sheet discusses the specific services and the eligibility requirements.

Stroke

This fact sheet provides a definition and facts about Stroke as well as information about symptoms, effects, diagnosis, treatment, risk factors, recommended readings and resources.

Taking Care of You

This fact sheet provides tools on how to take care of your own health and well being while maintaining responsibilities as a caregiver.

Traumatic Brain Injury

This fact sheet provides a definition and facts about Traumatic Brain Injury as well as information about consequences, prognosis, treatment, recommended readings and resources.

Traumatic Brain Injury Selected Statistics

This fact sheet provides information on the magnitude of TBI, who is injured, causes, cost of care, effects of TBI, prevention and resources.

Twelve steps for Caregivers

This fact sheet focuses on intelligence and strength; the need to accept the help of a Higher Power; and ways the Power can be brought into one's daily life.

Vision Loss

This fact sheet discusses age-related vision loss and how you, as caregiver, can help your loved one adjust to the challenges.

Visiting the Nursing Home

This fact sheet provides information and guidance on the things to consider and observe when visiting the nursing home and how to evaluate those observations.

Wernicke-Korsakoff Syndrome

This fact sheet provides a definition and facts, as well as information about symptoms, diagnosis, treatment, recommended readings and resources.

When a Caregiver Feels Guilty

Frustration and anger are a part of every caregiver's life. When these negative feelings come up, guilt often follows and the guilt is hard to cope with. This fact sheet reminds caregivers that feelings of frustration and anger are normal and acceptable, as is the guilt that follows. The value of respite is introduced to caregivers as a way to relieve themselves from their constant caregiving duties.

Women and Caregiving

The majority of caregivers are women. This fact sheet provides facts and figures of the role of women as caregivers.

Work and Eldercare

Millions of working adults are juggling the competing demands of caring for a chronically ill or disabled parent, raising a family, and managing a career. This fact sheet addresses the needs and concerns of working caregivers including how to find community resources, legal/financial issues, handling stress, what employers can do, and resources.

HOJAS INFORMATIVAS DISPONIBLES EN ESPAÑOL
(Fact Sheets Available in Spanish)

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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Enfermedad de Alzheimer
(Alzheimer's Disease) | <input type="checkbox"/> Demencia
(Dementia) |
| <input type="checkbox"/> La etapa inicial de la enfermedad de Alzheimer
(Alzheimer's Disease, Early Stage) | <input type="checkbox"/> Demencia con cuerpos de Lewy
(Dementia with Lewy Bodies) |
| <input type="checkbox"/> Vida asistida y residencias de apoyo
(Assisted Living) | <input type="checkbox"/> Poderes de duración indeterminada y fideicomisos en vida revocables (Durable Powers of Attorney) |
| <input type="checkbox"/> Estrategias para la atención a la conducta (demencia)
(Behavior Strategies for Dementia) | <input type="checkbox"/> Opciones para el final de la vida: los tubos de alimentación y los respiradores
(Feeding Tubes and Ventilators) |
| <input type="checkbox"/> Guía del cuidador para entender la conducta de los pacientes con demencia (Caregiver's Guide to Understanding Dementia Behaviors) | <input type="checkbox"/> Contratación de empleados para el hogar
(Hiring In-Home Help) |
| <input type="checkbox"/> Cuidado Del Paciente
(Caregiving) | <input type="checkbox"/> Planificación legal en casos de incapacidad
(Legal Planning for Incapacity) |
| <input type="checkbox"/> Los cuidadores y la depression
(Caregiving and Depression) | <input type="checkbox"/> Enfermedad de Parkinson
(Parkinson's Disease) |
| <input type="checkbox"/> El cuidado de los adultos contrastornos cognitivos y de la memoria (Caring for Adults with Cognitive and Memory Impairments) | <input type="checkbox"/> Servicios
(Services) |
| <input type="checkbox"/> Opciones de la comunidad para el cuidado del paciente (Community Care Options) | <input type="checkbox"/> La apoplejía o derrame cerebral
(Stroke) |
| <input type="checkbox"/> Problemas conductuales posteriores a traumatismo craneal (Coping with Behavior Problems After Head Injury) | <input type="checkbox"/> Lesión cerebral traumática
(Traumatic Brain Injury) |
| <input type="checkbox"/> Opciones para el final de la vida: RCP y ONR
(CPR and DNR) | <input type="checkbox"/> Wernicke-Korsakoff (SWK) |

After checking the boxes on the preceding pages for the Fact Sheets that you are interested in, please fill out below and mail or fax to:

Southern Caregiver Resource Center, 3675 Ruffin Road, Suite 230, San Diego, CA 92123/(858) 268-7816 Fax

We are happy to provide this information and hope that you appreciate this free service. Donations are kindly accepted and greatly appreciated so that we can continue to provide assistance to all caregivers. Thank you!

Name (*Nombre*) _____

Address (*Dirección*) _____

City/State/Zip (*Ciudad/Estado/Zip*) _____

Telephone (*Teléfono*) _____

Please check one:

- Please add my name to the SCRC mailing list* *I am already on the SCRC mailing list*
 Do not add me to the SCRC mailing list

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